

Hattie Holmes Senior Wellness Center

ZOOM VIDEO/AUDIO CONFERENCE

Meeting ID: 202-291-6170

No Video Dial 1-301-715-8592 ID # 202-291-6170

Teleconference # 1-978-990-5000 ACCESS CODE: 667037

324 Kennedy St. NW
Washington, DC 20011

May 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>10:30 Quilter's Corner Zoom</p> <p>10:30 Aerobics w/ Arthur Zoom</p> <p>11:30 Mindful Mondays w/ Elizabeth In-Person & Zoom</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:30 Book Club - Brothers & Sisters by BB Moore (May 23rd) Zoom</p> <p>2:15 Mental Well-being w/ Elizabeth In-Person & Zoom</p> <p>3:00 Quilter's Café (May 2nd & May 16th) In-Person</p>	<p>9:00 Chair Pilates w/ Lillian In-Person & Zoom</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person & Zoom</p> <p>11:30 Nutrition w/ Brenda Teleconference</p> <p>1:00 Aerobics w/ Kojak Zoom</p>	<p>9:00 Strength & Toning w/ Lillian In-Person & Zoom</p> <p>9:30 Tai Chi w/ Gloria Zoom</p> <p>9:30 Quilting In-Person</p> <p>10:30 Aerobics w/ Arthur In-Person & Zoom</p> <p>11:30 Nutrition w/ Brenda In-Person & Teleconference</p> <p>12:30 May Birthday Recognition (May 4th) In-Person</p> <p>1:00 Health Promotion w/ Stephanie Teleconference</p> <p>2:15 Current Events Discussion Group Teleconference</p> <p>3:30 Bingo Zoom</p>	<p>9:00 Chair Pilates w/ Lillian In-Person & Zoom</p> <p>9:30 Tai Chi w/ Jerry In-Person</p> <p>10:00 Club Memory Zoom # 950 7746 3402 Call-in # 301 715-8592; ID# 950 7746 3402</p> <p>10:30 Chair Yoga & Meditation w/ Lillian In-Person & Zoom</p> <p>11:15 Resistance Training w/ Tony In-Person & Zoom</p> <p>1:00 Aerobics w/ Kojak In-Person & Zoom</p> <p>2:15 Nutrition w/ Brenda In-Person & Zoom</p>	<p>9:30 Tai Chi w/ Gloria Zoom</p> <p>1:00 Line Dance w/ Diane In-Person & Zoom</p> <p>1:00 Brain Busters w/ Stephanie In-Person</p> <p>2:00 In-house Movie - King Richard - Based on a true story of Venus and Serena Williams (May 13th) In-Person</p>

Special Events

- * May 5th 2:00 **Mother's Day Tea Party** In-Person & Zoom
- * May 9th 11:30 **Town Hall Meeting** Zoom
- * May 11th 10:30 - 1:00 **Older Americans Month Celebration 2022: Aging My Way! Health / Resource Fair** In-Person
- * May 23rd 2:15 **Power of Attorney & Wills Presentation** Zoom
- * May 25th 10:00 - 3:00 **Senior Fest - Gateway Pavilion** 10:00 - 3:00 Bus leaves at 9:00 a.m.
- * May 9th - May 13th **Women's Health Week - MedStar Washington Hospital Center Ask a Doc Series:** May 9th @ 2:00 **Blood Pressure Monitoring**, May 11th @ 1:00 **Stroke Awareness**, & May 12th @ 2:00 **Arthritis** / May 10th **Nutrition Presentation & Food Demo** @ 1:30 **Thu Huynh, RD, LDN Giant**

EDUCATIONAL CLASS TOPICS

Health Promotion w/ Stephanie

- 5/4 What is Osteoporosis?
- 5/18 Autoimmune Diseases
- 5/25 What are Gallstones?



Mindful Mondays w/ Elizabeth

- 5/2 Women's Health Week
- 5/23 Relationships and Longevity

Mental Well-being Classes

- 5/2 Blue Zones
- 5/9 Aging Well
- 5/23 Benefits of yoga for older adults



Nutrition Education w/Brenda

- 5/3 The Ultimate Arthritis Diet Part 1
- 5/4 The Ultimate Arthritis Diet Part 2
- 5/5 Healthy Eating 101 Part 1 In-Person & Zoom
- 5/10 Healthy Eating 101 Part 2
- 5/12 National Stroke Awareness Month - Nutritional Advice In-Person & Zoom
- 5/17 Easy Frozen Food Advice
- 5/18 Eat Right Drink Responsibly
- 5/19 Nutritional Jeopardy In-Person & Zoom
- 5/24 Energy Foods for Greater Stamina
- 5/25 Budget Meals Made Easy
- 5/26 Budget Meals Made Easy In-Person & Zoom
- 5/31 Nutritional Jeopardy



Trips



- 5/6 10:00 National Cathedral Flower Mart
- 5/10 10:00 African American Museum
- 5/12 10:30 a.m. Dutch Market - Laurel
- 5/13 10:00 a.m. Boat tour on the Anacostia River \$38.00
- Scheduled Trips to Arena Stage:
 - 6/15 11:00 a.m. Arena Stage - Drumfolk \$38.00
 - 8/3 11:00 a.m. Arena Stage - American Prophet \$38.00

